Restless Legs Syndrome Questionnaire (Rating Scale)

1. Overall, how would you rate the RLS discomfort in your legs or arms?
   - (4) Very severe
   - (3) Severe
   - (2) Moderate
   - (1) Mild
   - (0) None

2. Overall, how would you rate the need to move around because of your RLS symptoms?
   - (4) Very severe
   - (3) Severe
   - (2) Moderate
   - (1) Mild
   - (0) None

3. Overall, how much relief of your RLS (arm or leg discomfort) do you get from moving around?
   - (4) No relief
   - (3) Slight relief
   - (2) Moderate relief
   - (1) Either complete or almost complete relief
   - (0) No RLS symptoms and therefore question does not apply

4. Overall, how severe is your sleep disturbance from your RLS symptoms?
   - (4) Very severe
   - (3) Severe
   - (2) Moderate
   - (1) Mild
   - (0) None

5. How severe is your tiredness or sleepiness from your RLS symptoms?
   - (4) Very severe
   - (3) Severe
   - (2) Moderate
   - (1) Mild
   - (0) None

6. Overall, how severe is your RLS as a whole?
   - (4) Very severe
   - (3) Severe
   - (2) Moderate
   - (1) Mild
   - (0) None

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7. How often do you get RLS symptoms?

(4) Very severe (This means 6 to 7 days a week.)
(3) Severe (This means 4 to 5 days a week.)
(2) Moderate (This means 2 to 3 days a week.)
(1) Mild (This means 1 day a week or less.)
(0) None

8. When you have RLS symptoms, how severe are they on an average day?

(4) Very severe (This means 8 hours per 24 hour day or more.)
(3) Severe (This means 3 to 8 hours per 24 hour day.)
(2) Moderate (This means 1 to 3 hours per 24 hour day.)
(1) Mild (This means less than 1 hour per 24 hour day.)
(0) None

9. How severe is the impact of your RLS symptoms on your ability to carry out a satisfactory family, home, social, school, or work life/overall daily affairs?

(4) Very severe
(3) Severe
(2) Moderate
(1) Mild
(0) None

10. How severe are your RLS symptoms on mood disturbance (angry, depressed, sad, anxious, or irritable)?

(4) Very severe
(3) Severe
(2) Moderate
(1) Mild
(0) None

*Add up your answers to get your severity*

Very severe=31-40 points
Severe=21-30 points
Moderate=11-20 points
Mild=1-10 points
None=0 points